

Personal and Professional Development: Ten Questions to Consider

1. If money and time were no object, what would you love to do that would bring you a profound sense of satisfaction, joy and purpose?

2. How balanced is your work (what you do to earn a living) and your personal interests? What would you need to do to bring them more in balance?

3. If you continue with your current balance of professional and personal development, including time and energy spent on each, how will your life be five years from now? Ten years from now?

4. If you continue on your current path, what do you think you will take pleasure in and what do you think you might regret at the end of your life?

5. How is what you are doing for personal development contributing to your health goals? What is your evidence for your answer?

6. How do you think your professional endeavors are contributing to your overall health? What is the evidence for your answer?

Wheel of Health—Self-Care Reflection Activity

7. What personal and/or professional dreams have you given up on or compromised over the years? What other values did you choose to honor instead?

8. Is there a dream that you would like to resurrect and pursue? How are you stopping yourself? What are some first steps you could take to start pursuing that dream?

9. Most dreams represent important personal values. What are the personal values embedded in your dream? Are there other avenues for fulfilling these values that may be more realistic at this time of your life?

10. How important is it for you to be recognized for your contributions to the world? By whom? How much does this influence what you choose to do?
